

Self Hypnosis

The actual self hypnosis session is designed to do in **one minute or less**, so that your conscious mind doesn't think too much about the suggestions given.

There are 6 steps to successful self hypnosis.

1. Plan your suggestions before going into self hypnosis. This can take place up to an hour before you begin your session. Think of yourself in the situation and responding to that situation exactly as you would like to respond.
2. Picture how you would like to respond and form a positive suggestion such as *"I will go to that meeting and I will feel comfortable, I'll feel relaxed, calm and in control. I will remember everything that I have planned for."*
3. Focus on a spot, take a deep breath and hold it, release the breath and gently let your eyes close.
4. Count slowly backward from 100 to 95. As soon as 95 is reached, move into your positive and simple suggestion
5. Immediately after you have said your suggestion, resume counting down – 95, 94, and down to 90. Focus only on your counting and when you get to 90, that is your cue to move to the final step, which is to imagine yourself being in a relaxed state. Stay in this space for several moments and when you are ready, it is...
6. Time to return to full awareness

Measure your stress



Low stress levels

- I feel well
- I am able to relax
- Physical recreation brings me pleasure
- Increasing pressure enhances my performance
- My thinking is clear and I learn easily
- I am able to say "No"
- Others see me as adaptable & approachable
- Others see me as energized and successful

High stress levels

- I often lose perspective
- I feel irritable & on edge
- I complain and grumble regularly
- I work longer hours but get less done
- My home/work balance is suffering
- I have repeated minor ailments, aches and pains
- I don't think as clearly as I used to
- I have sleep problems
- I feel like I'm operating in survival mode

Moderate stress levels

- I feel driven, hyperactive, and restless
- I tend to make snap decisions but with errors
- I feel over-burdened but can still say "No"
- I often feel tired but am taking steps to recover
- I often try to squeeze a few extra drops out of my performance
- Discipline, fitness, social pressure & stimulants play a greater role in my ability to perform
- My sleep is just about adequate
- Others see me as tired yet successful

Breathing

Quick Coherence Technique

1. Focus attention on the heart area. Now shift your attention to your right big toe, move it and then move your attention to your right thumb and move it. Return your attention back to the centre of your chest or the heart area. If your attention is likely to wander, put your hand on your chest for better focus.
2. Now you are ready to pay attention to your breathing. Imagine, sense or feel that you are breathing in and out from this area. Breathe slowly and gently, counting if you wish to a beat of 5 or 6, and continuing to focus on the heart area. Continue to breathe easily, smoothly until you find that it is a steady rhythm.
3. As you focus on your heart area and continue to breathe slowly, recall a time when you felt positive emotion. It could be feeling good about a person or a pet or a place you have been to. Feel appreciation and gratitude and continue to breathe evenly and from the heart area.